



Prow
Group™
Designing Sailing
Destinations

Sustainability Our Course

Environment ●

People ●

Local Value ●

Responsible Management ●

Our approach

Prow Group approaches sustainability as an operating principle across the development of sailing destinations, training environments and event operations. Our objective is to create long-term environmental, social and economic value while progressively reducing the impacts associated with our activity.

This document brings together the principles and practices that can be applied transversally across Prow Group. It is not a performance report for a specific event. Where measurement is possible, we aim to use reliable indicators to understand impacts, establish baselines and support continuous improvement.

ENVIRONMENTAL

Resources, emissions, waste, mobility, marine and coastal biodiversity.

PEOPLE

Education, inclusion, accessibility, local participation and skills.

VALUE

MANAGEMENT

Message from the Founder

"Sustainability is a strategic priority that guides us in all our decisions.

There is a clear link between PROW's activities and the sustainability challenges we face today.

The sea is the home of all sailors. It is also at the heart of everything we do, yet it is increasingly threatened by pollution and the excessive use of natural resources. We believe it is our responsibility to contribute to reversing this trend, and that PROW is in a privileged position to help drive this change.

In a world increasingly challenged by environmental, social and economic change, it has always been clear to us that a project such as PROW can make a difference through a global strategy supported by local action.

We are proud of what we have already achieved, but we also know that the effort required to reach the goals we have set ourselves is an ongoing journey."

Bons ventos!

Nuno Reis

Founder & CEO

CHAPTER 01

Prow Group

An integrated ecosystem for designing, delivering and developing sailing destinations.

1.1 Purpose

PROW takes its name from the forward-most part of a vessel above the waterline - a nautical reference associated with direction and movement. From Companhia Náutica, founded in 1998, the business evolved into an integrated ecosystem with one purpose: to create the conditions for sailing destinations, organisations and people to perform at their best.

1.2 Our ecosystem

PROW GROUP

Designing Sailing Destinations · VISION

The strategic umbrella of the ecosystem. It defines the vision, connects the Group's capabilities and shapes the long-term development of sailing destinations.

PROW

Competitive Sailing Design and Management · EXECUTION

The specialist delivery platform for event creation and management, nautical consultancy, training and education - turning strategy into competitive sailing operations.

COMPANHIA NÁUTICA

Since 1998 · ORIGIN & TECHNICAL EXPERTISE

Where the company began. It provides boats, equipment, accessories, technical solutions and specialist support to sailors, teams, clubs and organisations.

VILAMOURA SAILING

Designed and managed by Prow · APPLICATION

The Group's reference training centre and operational venue, combining dedicated infrastructure, logistics, equipment and technical support for high-level training and competition.

PROW MEDIA

Connecting Sports Worldwide · COMMUNICATION

The Group's media capability, connecting sporting events with audiences through live coverage, video, photography, storytelling and coordinated event communications.

OTHER SAILING DESTINATIONS

Tanger Sailing - Designed and Delivered by Prow · APPLICATION

Tanger Sailing demonstrates how the Prow model is adapted and delivered in another destination, with additional sailing destinations currently in the pipeline.

1.3 Sustainability in our approach

For Prow Group, sustainability is integrated into the way we plan, organise and deliver sailing activities. Our focus is on the areas we can directly influence - from operational efficiency and digital communication to responsible use of materials, lower-impact race management and collaboration with local partners. When working in different destinations, we adapt these principles to the specific conditions, infrastructure and capabilities of each venue, aiming to reduce avoidable impacts while maintaining the highest operational standards.

02

CHAPTER 02

Shared Responsibility

Stakeholders & Partnerships

Shared responsibility across the sailing ecosystem.

2.1 Stakeholder involvement

Our activity connects athletes, coaches, employees, volunteers, suppliers, sporting organisations, public authorities, tourism operators, educational institutions, environmental organisations, sponsors, media and local communities. Many sustainability impacts sit across this value chain, making collaboration essential.

2.2 Digital-first communication

We progressively favour digital-first communication for schedules, operational information, participant guidance and updates. This reduces unnecessary printed material while improving speed, consistency and accessibility of information. Printing remains available where operationally necessary.

2.3 Partnerships for impact

Our sustainability approach depends on collaboration with the organisations that control local infrastructure and services. The specific partners vary by destination, so Prow Group adapts its operational plan to the capabilities and environmental systems available locally.

- Work with municipalities, marinas and infrastructure operators to improve waste, water, mobility and venue management.
- Collaborate with universities, research centres and environmental organisations on ocean literacy and biodiversity.
- Engage hotels, restaurants, transport providers and suppliers in responsible destination operations.
- Use recognised sustainability principles and specialist expertise where they strengthen planning, measurement and continuous improvement.



03

CHAPTER 03

Sustainable Operations Across the Group

Standards and practices that Prow Group can take with it wherever it operates.

Prow Group does not always operate from its own venue. We also organise and deliver sailing events in other destinations, where our role may be focused primarily on event management and operational delivery. For that reason, our sustainability approach distinguishes between practices that travel with Prow Group and initiatives that depend on the characteristics, infrastructure and partners of a specific venue.

3.1 Digital-first and paperless operations

Across our activities, we progressively favour digital-first communication for schedules, operational information, participant guidance, notices and updates. The objective is to minimise unnecessary printing while maintaining printed material where safety, regulation or operational requirements make it necessary.

3.2 Reusable materials and drinking water

Prow Group promotes the replacement of single-use plastic water bottles with reusable alternatives. Reusable drinking bottles are available for sale, encouraging sailors, coaches and visitors to adopt a practical alternative to disposable bottles. Where venue infrastructure allows, drinking-water fountains and refill stations are provided in operational areas such as the Boat Park during events, enabling participants to refill their bottles throughout the day.

3.3 Lower-impact race operations

Prow Group uses fully electric robotic marks across racing areas. Remote positioning and repositioning can reduce conventional mark-laying operations and the associated use of support boats and fuel, while increasing flexibility and efficiency on the water. Boat washdowns at the end of events use water only, avoiding detergents and helping reduce the risk of transferring invasive aquatic species between sailing locations.

These are the core operational measures that Prow Group can apply directly because they depend primarily on our own event-management choices and equipment. Other sustainability measures are assessed venue by venue.

04

CHAPTER 04

Sustainability in Practice

Vilamoura Sailing

Sustainability enabled by the venue.

A compact destination

Infrastructure, proximity and low-impact mobility.

4.1 Compact destination and low-impact mobility

The Vilamoura Sailing Training Centre and Boat Park are located next to Vilamoura Marina and close to the principal hotels, restaurants, supermarkets and essential services. Faro International Airport is approximately 25 minutes away by road, keeping international arrival and departure transfers relatively short.

Once in Vilamoura, everyday mobility is exceptionally simple. Sailors and teams can move between hotels, the Marina, the Boat Park, restaurants and services on foot or by bicycle. An extensive network of cycle paths supports low-impact mobility and reduces dependence on private cars and repeated shuttle journeys.

4.2 Boat Park infrastructure

During events hosted in Vilamoura, drinking-water fountains and refill stations are installed in the Boat Park, supporting the use of reusable bottles. The venue's concentrated layout also simplifies waste collection, resource management and coordination between operational areas.

4.3 Resource and waste management enabled by the venue

In Vilamoura, waste separation, water management and resource-efficiency measures are supported by permanent marina and municipal infrastructure. This allows Prow Group to implement a more complete sustainability programme than may be possible at destinations where equivalent systems are not available.

- Clearly identified waste-separation points and access to established collection streams.
- Permanent water infrastructure, including drinking-water refill points during events and desalinated water for technical uses within the marina and boatyard context.
- Coordination with Vilamoura Marina and Inframoura on waste, water, public-space and environmental-management services.
- Ability to monitor and improve resource use through established local environmental-management systems.

4.4 Vilamoura Marina: environmental infrastructure

Vilamoura Marina provides a strong environmental infrastructure context for Vilamoura Sailing. Its long-standing environmental management practices and international distinctions reinforce the destination's capacity to combine nautical activity with responsible marina management.

4.5 International awards and environmental credentials

- Sustainable Marina of the Year - TYHA Marina Awards 2024.
- Superyacht Marina of the Year - TYHA 2024 and 2025.
- 5 Gold Anchor Platinum - achieved in 2023, TYHA's highest distinction.
- Blue Flag - awarded since 1988 and renewed continuously since 2001.
- ISO 14001 Environmental Management and ISO 9001 Quality Management.
- Sustainability Engaged 2024 - recognition from Turismo de Portugal.

4.6 Marina environmental practices

- Comprehensive waste management and recycling, including eco-points and designated areas for general and hazardous waste.
- Desalination system supplying water to the boatyard and Boat Park.
- Pump-out systems for wastewater and bilge water, helping prevent marine pollution.
- Water- and energy-efficiency measures including flow-reduction taps, timed sensors and modernised infrastructure.
- 100% electric vehicle for internal waste collection, reducing local emissions and noise.
- Regular water-quality monitoring, environmental awareness programmes and staff training.

4.7 Inframoura: sustainable urban infrastructure

Inframoura, the public infrastructure company responsible for Vilamoura's urban services, is a key destination partner. It manages water supply and sanitation, waste collection, public spaces, green areas, public lighting, drainage and other essential infrastructure under environmental management standards.

Inframoura is certified under ISO 9001 and ISO 14001 and has adopted a long-term sustainability strategy that includes renewable energy, resource conservation and circular-economy initiatives. Its Water Loss Reduction Project is particularly relevant in the Algarve, where water scarcity makes efficient distribution and leakage reduction a strategic environmental priority.

4.8 Marine and coastal biodiversity

Vilamoura's sustainability context extends to marine and coastal biodiversity. Collaboration with marina, scientific and environmental partners supports awareness, monitoring and regeneration initiatives. Within Vilamoura Marina, ecological engineering solutions are used to restore nursery functions and support marine life in an urbanised coastal environment.

An aerial photograph of a coastline, showing the intricate patterns of white surf and turquoise water meeting a dark, textured shore. The image has a high-contrast, almost ethereal quality.

05

CHAPTER 05

People & Local Value Beyond Operations

Creating positive impact beyond event operations.

5.1 Education and ocean literacy

Sailing offers a direct connection with the ocean and is therefore a powerful platform for environmental education. Prow Group supports initiatives that engage young people, schools, sailors, coaches and volunteers in understanding marine ecosystems and adopting more responsible behaviours.

5.2 Inclusion and accessibility

Prow Group aims to support broader access to sailing through inclusive participation, adapted sailing opportunities, youth development and initiatives that reduce barriers to entry.

5.3 Local skills and employment

International sailing activity requires specialised operational capacity. Whenever possible, Prow Group contributes to building local skills through training, temporary and permanent employment, volunteer development and collaboration with local service providers.

5.4 Economic and destination value

Sailing destinations can generate international activity outside the traditional tourism peak season. Training periods and competitions create demand for accommodation, restaurants, transport, marine services, technical support and other local businesses. A strong sailing destination is an ecosystem rather than an isolated venue. Clubs, marinas, hotels, restaurants, technical companies, transport providers, public authorities and communities all contribute to its long-term competitiveness.

5.5 Legacy

Legacy should be planned rather than incidental. Education, environmental awareness, local capacity building, accessibility and community partnerships can extend the value created by sailing beyond the operational period of a training camp or competition.

CHAPTER 06

Responsible Management

A framework that separates what we control from what depends on the destination.

6.1 Two levels of action

PROW GROUP OPERATIONAL STANDARDS	VENUE-ENABLED INITIATIVES
Digital-first / paperless communication	Walking and cycling connectivity
Reusable-material principles	Permanent water and waste infrastructure
Electric robotic racing marks	Marina environmental systems and certifications
Water-only boat washdowns	Desalination and pump-out systems
Operational planning and logistics	Destination-wide waste and urban services
Responsible participant communication	Biodiversity regeneration infrastructure

This distinction is important for credible communication. Prow Group should claim direct responsibility for the practices it controls and describe venue infrastructure as an enabling factor or partnership contribution rather than as a Group-owned achievement.

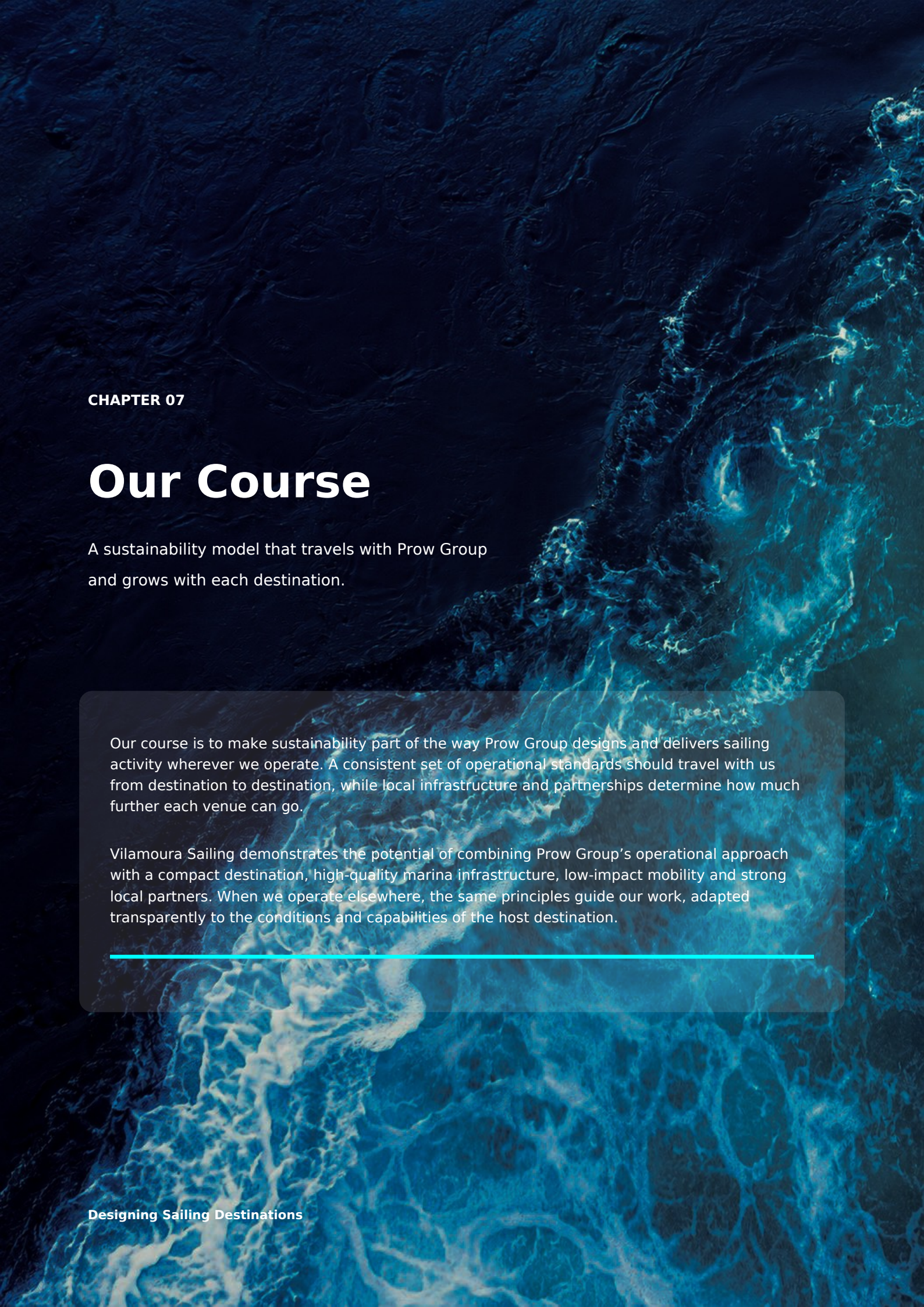
6.2 Project-specific measurement and certification

Carbon-footprint measurement, formal waste and resource reporting, and external certification are not presented as universal Prow Group practices because their feasibility depends on the scope of each project, the host venue and the availability of reliable data. They are used selectively when the project conditions support meaningful measurement and verification.

Prow Group has experience working with recognised sustainability frameworks, including Clean Regattas / Sailors for the Sea, ISO 20121 principles, the GHG Protocol and ISO 14064 principles. These references inform relevant projects but should not be interpreted as applying automatically to every destination or operation.

6.3 Measurement and continuous improvement

- Define Group-wide indicators for practices that Prow Group controls directly.
- Create a venue sustainability checklist before operating in a new destination.
- Identify which environmental services and infrastructure are available locally.
- Agree responsibilities with venues, marinas, municipalities and suppliers.
- Distinguish measured results, estimates, ambitions and commitments.
- Review performance after each major operation and transfer relevant learning to future projects.



CHAPTER 07

Our Course

A sustainability model that travels with Prow Group and grows with each destination.

Our course is to make sustainability part of the way Prow Group designs and delivers sailing activity wherever we operate. A consistent set of operational standards should travel with us from destination to destination, while local infrastructure and partnerships determine how much further each venue can go.

Vilamoura Sailing demonstrates the potential of combining Prow Group's operational approach with a compact destination, high-quality marina infrastructure, low-impact mobility and strong local partners. When we operate elsewhere, the same principles guide our work, adapted transparently to the conditions and capabilities of the host destination.
